

## FADS and FASHIONS WOMAN'S PAGE HOUSEHOLD HELPS

## THREE MEALS WITHOUT WHEAT FLOUR

Why, yes, everybody is having meals without any wheat flour. Don't get behind in the procession. Keep up to date. Here's how the United States food administration says it can be done:

**No Yeast Bread**—Instead of it, quick breads made of cornmeal, corn flour, rice flour, oatmeal, barley, or other substitutes which you have in your locality; potatoes, rice, hominy. No macaroni, spaghetti or other wheat pastes (substitute hominy).

**Thicken gravies and sauces** with rice flour, corn flour, corn starch. Use breakfast foods made of corn, oats, rice, barley—none with any wheat flour in them.

**Cakes made of barley, rice flour, corn flour, potato flour, desserts of cornmeal, barley, potato flour, rice, tapioca, gelatin, milk, fruit.**

**Breakfast**—Corn flakes with sliced bananas, eggs, hashed brown potatoes, oatmeal muffins, jelly.

**Lunch**—Rice with cheese sauce, cucumber and radish salad with French dressing, fruit, barley hermit cakes.

**Dinner**—Tomato soup, roast beef, scalloped potatoes, spinach, ripe olives, grape juice gelatin, wheatless wafers (cornmeal or oatmeal).

**Oatmeal Muffins**—One and three-fourths cups fine granulated oatmeal, 4 teaspoons baking powder, one-fourth teaspoon salt, 1 cup milk, 1 tablespoon fat, 2 tablespoons corn sirup, 1 egg.

Sift dry materials together. Add to cup of milk the melted fat, sirup and beaten egg. Combine these two mixtures, stirring lightly without beating. Bake about 20 minutes in a moderately hot oven.

**Barley Hermit Cakes**—One-fourth cup fat, three-fourths cup sugar, 1 egg, 2 tablespoons milk, 2 cups barley flour, 2 teaspoons baking powder, one-third cup chopped raisins, one-fourth teaspoon cinnamon, one-fourth teaspoon cloves.

Combine the ingredients as for cake, add enough barley flour to make a dough stiff enough to be rolled. Roll thin, shape with small cookie cutter and bake on tin sheet.

## MUSH ROLLS.

One quart white corn meal mush. While hot add half cup sugar, one teaspoon Crisco, one tablespoon of salt. When cool add three-fourth of a cake of yeast, cake dissolved in warm water, and mix with white flour enough to make a stiff dough of about one and one-half quarts. Let raise over night and if light enough in morning set in icebox. Make into biscuits or

Parkerhouse rolls only enough for a meal. This dough will keep for three or four days if placed in a cool place. This amount will make about sixty rolls.

## Huntsville Woman Submits Recipe for Excellent Bread.

Many of the ladies of Ogden and vicinity undoubtedly many throughout the United States are having difficulty in making palatable bread with the substitutes which they are asked to use. Mrs. S. V. Grow of Huntsville has solved the problem for those who dislike the taste of the "war bread" in her recipe which she gave to the Woman's page editor of The Standard yesterday.

Mrs. Grow had a sample loaf of the bread she had made from the following recipe and it would be difficult to discover the difference from the former bread made from white flour alone. Ogden women are urged to try the following; which is enough for ten loaves of bread:

Cook two quarts of white corn meal until not too stiff, add one quart of finely mashed potatoes, tablespoon of salt, two tablespoons of sugar and one pint of yeast. Mix into this enough flour to handle nicely and knead well. Let raise at night and in the morning work in a trifle more flour and let raise as usual before baking. If kneaded well this bread will be exceptional light.

## AFTER THREE YEARS.

Many men and women are sick and don't know it. Some never discover they have kidney trouble until they apply for insurance. The kidneys are working all the time, filtering poisonous waste out of the blood stream, and when they become weakened or deranged, backache, pains in sides and groins, so-called rheumatism, languidness, swollen joints and other symptoms develop. W. B. Moss, Ogden, Ark., writes: "Foley Kidney Pills relieved me of severe kidney troubles after three years' standing." A. R. McIntyre Drug Co.—Advertisement.

## CLOSING OF S. P. UP-TOWN OFFICE

The Southern Pacific city traffic office was closed today to all freight and passenger agent, with headquarters at Reno, Mr. Fulton was in Ogden yesterday to complete the arrangements for the closing of the office.

The company has retained W. G. Wilson, commercial agent, who will act as traffic agent. Mr. Wilson has been assigned to an office on the second floor of the Union depot, and his duties will be to assist in the handling of traffic through Ogden. He will also carry on certain orders relating to the traffic department that will be issued by Director-General W. G. McAdoo.

The passenger business in the future will be handled by Thompson Corn, joint ticket agent at the Union station. F. C. Nicholas, joint freight agent at the freight office, will have charge of the freight business for the Southern Pacific here.

## NO! NO! THE VEIL—THE VEIL!



Real point of this picture is not, as you may have crudely imagined, the kiss—it is the veil!

Veils which do not cover the head, but instead reveal the beauties of the bride's coiffure, are the chosen fashion this season. Some of the cap veils are wired to resemble butterfly wings, some are wired and beaded into the Russian turban effect, and others are drawn away to the sides from beneath a small knot of pearls or flowers at the front, but all manage to reveal the carefully coiffed locks beneath. The face, too, is uncovered this year, and for simplicity's sake almost all veils are of tulle rather than rich lace.

## PLANTING OF FISH IN STREAMS OF UTAH

The streams of Utah will be restocked with fish this summer. Three-quarters of a million young trout which will be placed in the streams that run into or through the national forest areas, according to a statement made yesterday by Assistant District Forester Homer E. Fenn, who went to Salt Lake to confer with R. H. Siddoway, state fish and game commissioner concerning the matter.

The men of the forest service are ex-officio deputy fish and game wardens and the state and national officials are working together to preserve the fish and game and to increase them wherever it is feasible to do so. The trout that will be planted will be about three inches long and will be turned over to the forest service men at the point on the railroad nearest the place where they are to be planted.

## HIGH SCHOOL HAS STUDENT ELECTION

At the election of student body officers at the high school yesterday, Maurice Conroy was chosen president by an almost unanimous vote. Miss Marian Carter was elected vice president, and Byron Halverson was elected secretary and treasurer. These officers have been elected to serve for the remainder of the school year.

The students also elected officers for next year, according to the custom which will hereafter be followed. They are Lewis Wallace, president; Florence Wattis, vice president; Herman Jensen, secretary and treasurer.

## SOCKS ARE SENT TO ROAD ENGINEERS

The ladies of the Red Cross auxiliary of the forest service are doing work for the Red Cross with their new knitting machine. This machine knits only socks and the women take turns operating it. During the past few days the women have been quite busy, both in knitting and in doing other Red Cross work in their room in the forest service building. Later they shipped thirty-seven pairs of socks to Washington, D. C., which will be distributed to the 43rd Road Engineers, which is an auxiliary of the Twenty-fourth Engineers (the Forest Regiment), before these men leave for France. The road engineers are expected to leave any time for Europe and it was decided to provide for them before they left the United States.

**AMERICAN AMBULANCE LEADS** Amsterdam reports the execution of a score of Hollanders at Ghent for espionage. German ambivalence is no match for American—Buffalo Inquirer.

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Read the Classified Ads.

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## ED MORRISSEY IS AT RADIO SCHOOL AT HARVARD

Mrs. Carl D. Clark, 2687 Lincoln avenue, has received the following letter from Ed Morrissey, her brother, who is now at the United States naval radio school at Harvard university:

"Cambridge, Mass., May 1, 1918. "Dear May: I arrived here yesterday and have hardly got settled, but it seems to be a fine place and I know I will like it. We are at Cambridge, which is just about five minutes from Boston. But Cambridge is a city of a hundred thousand."

"We have fine sleeping quarters up at the university. Everybody has a room and a real bed and we have 'niggers' to wait on the table in the mess halls. This is a busy place, as every one is in a hurry and slamming and banging everything. The elevated roads are roaring over our heads, and the subways run cars three and four deep. You shoot down into the ground over in Boston and under the Charles river, and the first thing you know you are over in Cambridge—and it all comes for a nickel."

"Howard square is the place where the school is located. It is covered with guns and wagons and everything else that was used in the Revolutionary war. And about every ten feet you run onto a section which marks the place where George Washington or some other big man had an argument. Or else it marks the spot where some of those old boys had a beer party or something else."

"We had a lovely trip all of the way, but we did not stop long any place. Three hours was the most and that was in Chicago. And every time I left the station I would tie a string to me and the other end to the station so I would be sure and get back. It is a lively little burg. And I had to watch my step all the time to keep from being swept away with the angry mob."

"I think the people out in this country are all kind of 'nutty,' as they are all going some place in a big hurry and no one seems to know where he is going."

"I will not get in school for perhaps a week or so yet, but I am busy 'gaping' around and don't have time to do very much but take in the sights. We get liberty every night from 6 o'clock until 8 the next morning."

"The weather is just fine here and all the trees are just beginning to leaf out. The cold weather and the snow is all gone. It is much cooler and nice than it was in San Diego when we left there."

"I hope mother is some better now, but I am very anxious to know, as I have not had any word for quite a while. I will write again in a day or so as soon as I get settled and find out what is the matter these people around here and get some of them civilized." (Signed Ed. U. S. N. Radio School, Harvard University, Cambridge, Mass.)

ing to those with the highest wages. Above \$239 flat increases would be given to make the wage \$250. Apprentices from 18 to 21 years old would receive only three-fourths of the recommended increases, and those below 18 years, one-half.

In the application of the scale, the wage runs with the place so that men who have been promoted since December, 1915, shall receive increases applicable to the new place and not to their wages in that month. Men discharged since January 1 shall receive their share of the retroactive pay for the time that they worked.

McAdoo is studying the report which was made public tonight, and will decide what increases shall be allowed, probably within ten days. It is considered certain that he will not adopt in full the commission's recommendations, but will make readjustments which he believes to be necessitated by the intricacies of union wage scales and other wage factors. The commission based its recommendations on the monthly pay of the men inasmuch as the advances were recommended to realize wages and the growing cost of living, but the rates of increase were arranged for by the month, day, hour or number of miles.

An important feature of the report was the recommendation that where the same service is rendered, the pay shall be the same without discrimination as to sex or race.

Overtime pay and hours of service should not be disturbed during the war, the commission reported in suggesting that an exhaustive study be made of both subjects with a view to changes to eliminate dissatisfaction and improve the service. It was recorded, however, that a "standard day" of reasonably limited length is as much a part of the measure of justice with the working man, as is his rate of wage.

Permanent tribunals to continue the study of railroad labor problems and to adjust many grievances presented to the commission, but which it was unable to take up, were proposed. With the comment that its inquiry showed substantial readjustment of the salaries of railroad officials would promote the efficient operation of the roads, the commission added:

"Some salaries may well be abolished altogether, others greatly reduced, while in some cases of lesser-paid officials, an increase would be warranted."

A total of \$30,000,000 was found to have been paid out during the year ending December 31, 1917, to officials receiving \$5000 a year and more.

The commission stated its guiding principle in recommending increases in the following words:

"A sufficient increase should be given to maintain that standard of living which had obtained in the pre-war period when, confessedly, prices and wages were both low. Upon those who can best afford to sacrifice should be cast the greater burden. . . . The magnitude of this amount (\$288,000,000) is not staggering when the whole expenditure for wages upon the rail-

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